

Network-Level PPG Newsletter

Issue 1

February 2024

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It's Here!

Carers

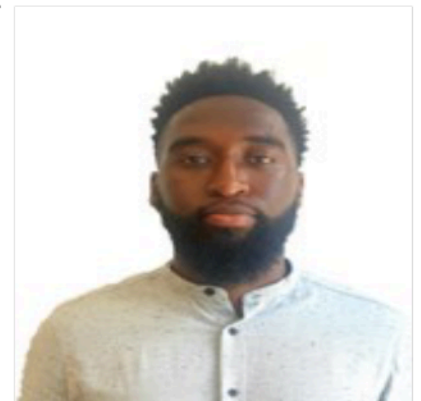
Food

Finance

Mental health

We are pleased to introduce the inaugural edition of our monthly PPG newsletter, designed to provide you with updates on local organisations, services, activities, and events within the borough of Islington. We understand that we have patients that may not belong to the Islington borough and we will try to keep you updated regarding services in your area.

Navigating the wealth of support, opportunities, and activities available in our local communities can be a complex task. Through these newsletters, our goal is to simplify this process and ensure that you stay well-informed. We extend our sincere gratitude to everyone who participated in the inaugural PCN PPG meeting held in November. The level of engagement demonstrated by our attendees was truly gratifying, and we look forward to reuniting with familiar faces and welcoming new PPG members in the upcoming sessions. Bianca, David, and myself (Epani) were glad to meet each of you, and we are committed to continually enhancing our services to better assist you in accessing the help and support you require.



Epani N2 PCN Social Prescriber

We appreciate your ongoing support and look forward to your continued involvement in our PPG community.

Meet the Team

- Epani Samakuva - Social Prescriber. Working hard to help you resolve any social issues you may have.
- Bianca Goncalves - PCN Manager
- David Cole - PCN Operational Lead

The Stuart Low Trust

The Stuart Low Trust is an award winning registered charity which aims to improve the mental health and wellbeing of people in Islington and surrounding boroughs who are isolated. We offer a free

programme of arts, nature, wellbeing and social activities throughout the week, including evenings and weekends. Come along and join in! Call or email us to find out more.

Booking policy applies for all our programmes with the exception of our Friday Evening events that operate on a drop-in policy.
E: info@slt.org.uk T: 020 7713 9304 Web: www.slt.org.uk

N2 Islington PCN

Stroud Green Medical Clinic
181 Stroud Green Road
London
N4 3PZ

Phone: 0207 272 4323

N2 ISLINGTON PCN

*Practices Working Together To
Improve Patient Care*

Carer Support

We hope this newsletter finds you well. If you are in the role of a caregiver, we would like to draw your attention to the support that your General Practitioner (GP) can provide for individuals in your vital position. During your next visit to your GP, we encourage you to engage with our approachable staff to explore the various avenues through which your practice can offer additional support tailored to your needs as a carer.

Your well-being is of utmost importance, and we are here to ensure that you are aware of the comprehensive assistance available to you. Feel free to initiate a conversation with our friendly team during your visit, and they will be happy to guide you through the diverse ways in which your practice can enhance the support provided to caregivers.

Thank you for entrusting us with your health and well-being. We look forward to assisting you in any way we can.



North 2 Islington PCN

PRACTICES WORKING TOGETHER TO IMPROVE PATIENT CARE

Food and Finance

Following expenditures in December, The months of January and February are always a difficult recovery period.

If you find yourself short on finances or have fallen into debt there are services that may be able to support you.

Regarding increasing income Turn2us, is a useful tool used to search for benefits and grants that you may be entitled to. A simple search on google and you will be able to find them.

Islington residents can also look to the income maximization team (iMAX) for further support.

For any issues regarding debt Stepchange is a charity that are able to offer support in various forms including helping to budget or communicate with

Camden Food Banks:

- Camden Food Bank - RCCG City Church, 14 Pratt Mews, London NW1 0AD. Open Tuesday & Friday 11.30am - 3.30pm. 020 7387 4551
- London Irish Centre Foodbank - 50-52 Camden Square, London NW1 9XB. Open Fridays 12.00pm - 4.00pm. 020 7916 2222
- Camden Mobile Food Bank - 2 Ossulston St, London NW1 1DF. Online referrals

Islington Food Banks

- Islington Food Bank - Highbury Roundhouse Youth & Community Centre, 71 Ronalds Rd, London N5 1XB. Open Monday & Saturday 1.00pm - 4.00pm. 07753 222755
- SVP Islington Food Bank - 60 Highbury Park, London N5 2XH. Open Saturdays 1.00pm -

2.00pm. 07516 690197

- The Pilion Trust - 60 Lough Rd, London N7 8RH. Open Monday - Friday 10.00am - 5.30pm. 020 7700 2498

Haringey Food Banks

For Haringey Residents it's easier to visit the Haringey Community Food Network for an extensive map on food banks and discounted produce.

- The Gospel Centre - Wightman Road, London N8 0LT, Open Saturdays 10.30am - 12.00pm. info@holyltrinityfoodbank.org.uk
- The O K Founddation - Lordship Rec Hub Café. Higham Road, N17 6NU. Open Thursday & Sunday 12.00pm - 2.30pm, 12.30pm - 1.30pm. 07483172781. info@okfoundation.org